

WORKSHEET

4.9

Sports



Match the column



- A. Sprints
- B. Javelin Throw
- C. Athletes throw a heavy metal ball as far as possible
- D. Athletes jump over a bar set at various heights.
- E. Athletes throw a heavy weight attached to a wire and handle.

True & False

1. The modern athletics events include sprints, jumps, and throws.
2. The discus throw involves throwing a spear-like object.
3. The 100m and 200m races are considered middle-distance events.